

TUSAH **EZ-FIT**



RECOGNIZED BY WORLD TAEKWONDO



**WORLD
TAEKWONDO**



**Recognized by
World Taekwondo since 2015**

made in China

Bringing innovation & inspiration to the world of Martial Arts.

The premium brand for **World Taekwondo approved
clothing and equipment,**

**Tusah is committed to developing and providing
the very best products for your journey in Taekwondo.**

**Tusah gives the best value
together with unrivalled quality and customer care.**

**In all areas of the world, Tusah is devoted to supplying
athletes and instructors with the best
as we move towards our goal of**

‘SETTING THE STANDARD’



TUSAH STARTER UNIFORM

TUSAH
RECOGNISED BY WORLD TAEKWONDO

Available in 3 Colours

Black

White

Poom



SETTING STANDARDS

Tusah White V Neck Plain Back Uniform



Tusah White V Neck Plain Back Uniform
Elasticated drawstring waist. Jacket has a plain back and is 80%polyester 20%cotton ribbed material. Tusah embroidered logo right chest and leg, underneath the collar on the back and WT embroidery on the back bottom of the suit. Extra stitched sleeves and trouser bottoms. Full length gusset. White V Neck. Complete with white belt. WT Approved. Sizes: 90cm-210cm

Tusah Embroidered Back Uniform
Elasticated drawstring waist. TAEKWONDO in English and Korean stitched on the back of the jacket. 80/20% Poly/cotton ribbed material. Tusah embroidered logo right chest and leg, underneath the collar on the back and WT embroidery on the back bottom of the suit. Extra stitched sleeves and trouser bottoms. Full length gusset. Complete with white belt. WT Approved. Sizes: 90cm-210cm

Tusah Embroidered Back Uniform



Tusah Black V Neck Plain Back Uniform



Tusah Black V Neck Plain Back Uniform
Elasticated drawstring waist. Jacket has a plain back and is 80%polyester 20%cotton ribbed material. Tusah embroidered logo right chest and leg, underneath the collar on the back and WT embroidery on the back bottom of the suit. WT Approved. Sizes: 140cm - 200cm

Tusah Poom Uniform
Elasticated drawstring waist. Jacket has a plain back. 80% polyester 20% cotton ribbed material. Tusah embroidered logo right chest, leg and underneath the collar. Extra stitched sleeves and trouser bottoms. Full length gusset. WT Approved Sizes available: 130cm-160cm.



Tusah Terra Uniform



Tusah Terra Uniform

Tusah's latest design dobok features the new TERRA fabric. Designed in partnership with our European distributors the material offers excellent comfort and snap in every technique. Featuring an elasticated and drawstring waistband on the trousers and plain back jacket with black collar. Tusah logo on jacket and trousers. Extra stitching on jacket cuffs and trouser bottoms.

World Taekwondo Approved. 80% polyester 20% cotton composition material.

TUSAH EZ-FIT UNIFORM



The Tusah brand is one the leading World Taekwondo Approved brands in the world.

Made from breathable fabric and a 'Cool-Sense' technology the Tusah Taekwondo Dobok quickly absorbs moisture and circulates it outwards for a cooler and dry feeling.

The design incorporates mesh panels in certain heat trapped areas for more air circulation.

Tusah WT Approved Fighter Uniform provides athletes with an easy method to compete at a high level. All athletes can now equitably feel comfortable and enjoy the experience. This product line explores new ideas & concepts, but at the same time keeps it affordable. 100% Quality Guarantee

POOMSAE EZ-FIT DOBOKS

TUSAH

www.tusah.eu

**WORLD
TAEKWON**



Tusah White V Neck Fighter Uniform



This uniform is one of the lightest uniforms on the market today!

It was specially designed for World Taekwondo sparring and competition. It is made up of 100% polyester cool mesh material. The inner cool mesh allows moisture to evaporate faster, consistently giving you a fresh, cool feeling. It has a full length gusset allowing for even greater freedom of movement during high kicking Taekwondo events.



Elasticated and drawstring trousers ensure a comfortable fit during extreme training movements.

This Dobok allows all athletes competing at a high level to equally feel comfortable and enjoy and be part of the experience.

Available in White V Neck & Black V Neck

Sizes: 130cm-210cm



Tusah Black V Neck Fighter Uniform



Tusah Poomsae Male Poom



EasyFit Male Poom Uniform

A combination of 55/45% cotton/polyester mix ensures good form and snap in every technique at an outstanding value for money price. WT Approved Poomsae uniform, Male poom white top blue trousers. Sizes available: 140cm-170cm.

Tusah Poomsae Female Poom



EasyFit Female Poom Uniform

A combination of 55/45% cotton/polyester mix ensures good form and snap in every technique at an outstanding value for money price. WT Approved Poomsae uniform. Female Poom white top red trousers. Sizes available: 140cm-170cm.

Tusah Poomsae Male Poom



EasyFit Male Dan Uniform

A combination of 55/45% cotton/polyester mix. Ensures good form and snap in every technique at outstanding value for money. Male Dan WT Approved Poomsae Uniform white top and dark blue trousers. Sizes available: 160cm - 200cm.

Tusah Poomsae Female Poom



EasyFit Female Dan Uniform

A combination of 55/45% cotton/polyester mix. Ensures good form and snap in every technique at outstanding value for money. Female Dan WT Approved Poomsae Uniform white top light blue trousers. Sizes available: 150cm - 180cm.

WINDSTRIKER

COLORS



Choose From 3 Different Colors



BUILT FOR THIS

For Maximum Inner
Comfort And Wind Resistance
The Ultimate Lifestyle
Jacket For Everyday Wear



TUSAH
EZ-FIT

Tusah Protectors



Tusah Forearm

White WT and CE approved PU compressed sponge construction. Velcro fastening for a secure fit. The forearm protector ensures maximum coverage and is perfect for blocking and defending.
Sizes: XXS -XL

Tusah Shin

White WT and CE approved PU compressed sponge construction. Velcro closures for secure fitting.
Sizes: XXS -XL

Tusah Gloves

Created from quick-dry, ventilated PU with a top layer of EVA foam padding, covered in durable and Polyurethane. Inner cool mesh added on the palm area. Elastic and velcro wrist straps. Better design and fitting feeling, with an excellent feeling of grip. Longer strap for extra secure fitting.
Available in sizes: XXS-XL
WT and CE approved

FOREARM GUARD

Separately designed to specifically protect the left and right forearm. A tough absorbent polyethylene material is securely packed inside. Protectors are layered outside with a smooth polyurethane material.

SHIN GUARD

Separately designed to specifically protect the left and right shin. A tough absorbent polyethylene material is securely packed inside. Protectors are layered outside with a smooth polyurethane material.

HAND PROTECTOR

Re-engineered glove includes an inner cool mesh material for the ultimate comfort and feel. Extra wrist strap ensures security and stability during competition.

FOOT PROTECTOR

Socks includes an inner soft mesh material for the ultimate comfort and feel. Padded in the appropriate areas to maximize protection. Extra ankle strap ensures security and stability during competition.

CHEST GUARD

GROIN GUARD

Tough Absorbent Polyethylene Material & Buck Foam Technology packed inside for additional security. Elastic straps attached to accommodate any preference. Protectors are layered outside with a smooth polyurethane material.

Tusah Insteps

CE Approved. EVA and PU construction. Offering excellent foot protection. Secure velcro closure.
Available in sizes: XS-XXL

Tusah Trunk Protector

Designed with the toughest Taekwondo sparring training in mind. Offering excellent, unhindering protection against strikes to the chest and upper body. Created from PU covered shock absorbing foam. Blue on one side and red on the other, CE and WT Approved.
Available in a range of sizes to offer the perfect fit.
Sizes: 0/XXS - 6/XXL

Tusah Male Groin Guard

WT and CE Approved. EVA foam construction offering comfortable and all round protection. Elastic straps to maximise comfort and give a more secure feel.
Sizes: XXS - XL

Tusah Female Groin Guard

WT and CE Approved. EVA foam construction offering comfortable and all round protection. Elastic straps to maximise comfort and give a more secure feel.
Sizes: XXS - L

Tusah Shin & Instep

A light weight, heavy duty, WT Approved protective shin guard is velcro attached to a short, PU foam instep protector.

This guarantees the user optimal performance, mobility, and protection from both items during training and, with the removal of the instep section, during competitions.

Made with PU foam, risk of injury to the wearer is reduced.

The three strap system combined with individual left and right shin guards provides the wearer with the ultimate secure fit.

Note the removable shin is WT Approved however instep is not

Sizes: XXS – Large

Tusah Headguard

Developed to give excellent protection at a great price and is WTF Approved & CE Approved.

The Tusah Head Guard protects against blows and injury to the head during Taekwondo training and competitions.

It features vital reinforced ear protection, large air holes for excellent ventilation and heat control.

A double elastic and velcro chin strap offers a superior fit and feel.

Created by shock absorbing foam the head guard is easy to wear and offers excellent protection without hindering your performance.

Available in white red or blue. Sizes: extra small (XS) – extra large (XL)

Tusah Visor

For use in Taekwondo tournaments, it has elastic straps to attach the clear protective visor to the head guard.

Offering maximum protection to the face and providing an excellent field of vision.

Maximum protection to the face, Suitable for full contact sports. Offers maximum protection to the face. Provides excellent field of vision. Ideal for protecting a recovering facial injury. Suitable for full contact sports. Great protection when trying to master solo weaponry techniques.

SHIN + INSTEP GUARD

Separately designed to separately protect the left and right shin.
A tough wear-resistant polyethylene material is securely padded inside.
Protectors are layered outside with a smooth polyurethane material.
With a removable instep guard for training purposes.

HEAD GEAR



PROSHIELD

PROTECTION COMFORT PERFORMANCE



BASIC

The Tusah Basic Gum Shield offers comfort and high impact shock absorption. The gel liner has been designed to take a self-fit custom impression of your teeth for a secure and comfortable fit throughout the season. With your teeth nestled in the vertical wall frame, the jaw line is secured limiting injury from side impact.

Junior or senior

Colours: clear, white, blue, black, pink



DOUBLE LAYER

DOUBLE LAYER GUMSHIELD

Customized gel fit

Gel-fit material takes an exact impression of the teeth.

Providing a comfortable fit.

Two layer technology

Soft gel-fit inner layer for easy moulding and strong outer layer that absorbs shock.

Increased breath ability and airflow

CE Approved

Available in junior or senior

colours: white/clear, white/black, white/blue, white/green.



BRACES



Protect your teeth, braces, and gums with the new BRACES GUMSHIELD!

The Pro Shield Braces Gumshield. Integrated with a re mouldable gel bite surface with a flexible outer shell and internal shock core to provide the most protective and adaptable mouthguard for athletes with braces. Featuring a custom grip the Braces gumshield fits around your brace brackets and adapts to changes in tooth position. The special design allows the mouthguard to conform to changes in the athlete's teeth position without sacrificing fit or protection.

Customized gel fit

Gel-fit material takes an exact impression of the teeth.

Providing a comfortable fit.

Increased breath ability and airflow

CE Approved

Available in 4 colours

White, Clear, Blue & Pink

TUSAH



TKD PRO BACKPACK

It has never been easier to pack your gear in a backpack. The TKD Pro Backpack makes carrying your gear look more stylish and convenient than bulky. Insert your Chest Protector in the front straps with adjustable buckles.



Padded air mesh shoulder straps for comfort and support.
Extra Pouch included for smaller items

Side Zipper Pockets on each side for extra storage.
Also includes one mesh water bottle pocket



TKD PRO EQUIPMENT BAG

The one and only bag to travel with all of your sport equipment and personal belongings in one.

TUSAH

TUSAH



■ GOLD

■ BLUE

■ BLACK

■ RED

Make your training scene the loudest with these innovative Kicking Targets
that will surely boost up your team's energy!



Single Kick Target



Double Kick Target



TKD Pro Back Pack



TKD Pro Equipment Bag



TKD Plain Sport Bag



Tusah Single kick target

Kick target in foam covered by PU. Used for kicking and punching drills to develop speed and balance. Available in black only. Design has the Tusah logo.

Tusah Double kick targets

Double Kick target in foam covered by PU. Used for kicking and punching drills to develop speed and balance. Available in colours: red, blue, black & gold. Design has the Tusah logo.

TKD Pro Back Pack

Deluxe Martial Arts Back packs are made with vibrant and extremely durable Jacquard and 600 D Polyester. As shown by highest of quality details, Deluxe Martial Arts Bags have been tested and improved for many years.

Front clip on strap to hold chest protector for convenient mobility (Horizontal or Vertical)

Padded air mesh shoulder straps

Multiple pockets & two side pockets for additional storage

Exterior water bottle mesh pocket for easy access

Main compartment provides spacious storage

Size: Length = 46cm (18 inches)

Size: Width = 32cm (12.6 inches)

Black or red back pack with trunk protector straps eliminating the need to carry all of your training gear to class.

Taekwondo Pro Equipment Bag

Featuring an adjustable shoulder strap, a side mesh pocket, and a chest gear pocket among other stand out design features.

Made with vibrant Triangle Jacquard and 600D Polyester, this Taekwondo Pro Equipment bag has been built to carry everything a martial artist could need.

It also features a shoulder pad with coin pouch, protective piping, and a name tag.

Side clip on straps hold chest protector for convenient mobility

Dual handles and removable shoulder straps allow for versatile carrying

Large double zip in the main compartment provides spacious storage

Dual zip compartments provide extra storage

Colour: Black/Red

Length = 56cm (22 inches)

Width = 30cm (12 inches)

Height = 33cm (13 inches)

Plain Sport Bag

Available in black

Size: 44cm x 35cm

Wooden Break Boards

Great for exhibitions or grading!

9mm, 12mm, 18mm, 25mm

Available to order by factory direct minimum of 50 boxes.

Wooden Break Boards



TUSAH

STANDARD WT MAT

The official supplier for World Taekwondo Sanction Events.

Made with top EVA foam technology.

A new octagon pattern concept reliably grips the athlete's foot to prevent slippage.

Reversible colors enable you to customize both sides for a wide variety of combinations.

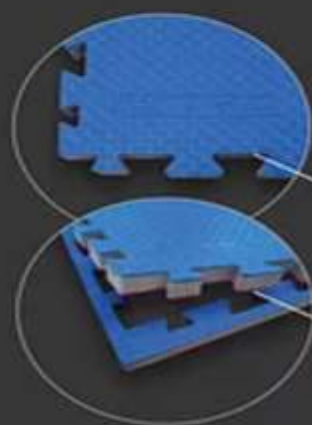
[Buy now >](#)



Available in:

Size: 1m x 1m x 2.5cm

Size: 80cm x 80cm x 2.5cm
(Octagon Ring)



Puzzle Mat

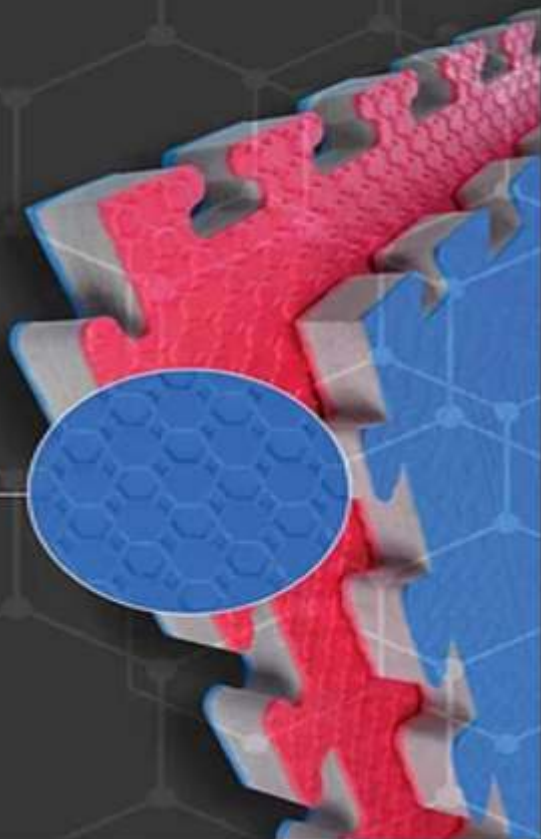
Easy To Assemble

Tusah Octagon Mat Pattern

Not only does this pattern upgrade the connection with the athlete but also makes it much easier to clean afterwards.

Dirt does not get trapped in between the patterns so a nice swipe with a mop can easily remove any unwanted dirt.

Save a lot of time cleaning and more time training!



Taekwondo Uniform

1 2 3 4 5 6 7 8	CM	FT
00000/	90cm	Below 3'4ft
0000/	100cm	3'4 - 3'6ft
000/	110cm	3'6 - 4'0ft
00/	120cm	4'0 - 4'4ft
0/	130cm	4'4 - 4'8ft
1/	140cm	4'8 - 5'2ft
2/	160cm	5'2 - 5'5ft
3/	170cm	5'5 - 5'10ft
4/	180cm	5'10 - 6'0ft
5/	190cm	6'0 - 6'4ft
6/	200cm	6'4 - 6'6ft
7/	210cm	6'7ft +
8/	220cm	6'7ft +

TUSAH
MALE & FEMALE GROIN GUARDS

Centre between legs

Male

Size	A	B	C	D	Unstretched Waist Size
XXS	6	6	6	9	equals 18
XS	6.5	7	7	10	equals 20.5
S	7.5	8	8	11	equals 23.5
M	8	9	9	12	equals 26
L	8	11	11	13	equals 30
XL	8.5	13	13	14	equals 34.5

Female

Size	A	B	C	D	Unstretched Waist Size
XXS	6	6	6	9	equals 18
XS	6	7	7	10	equals 20
S	7	8	8	11	equals 23
M	7	9	9	12	equals 25
L	7	11	11	13	equals 29
XL	7	13	13	14	equals 33

TUSAH
TAEKWONDO GLOVES

SIZE: (cm)

	XXS	XS	S	M	L	XL
A	17	17.5	18	18.5	19.5	20
B	8.5	9	9	9.5	10	10.5

TUSAH
TAEKWONDO HEADGUARD

SIZE: (cm)

	XS	S	M	L	XL
A (inside)	50	53	55	58	60
B (loose)	14	16	17	17	18

TUSAH
TAEKWONDO CHEST GUARD

SIZE: (cm)

	XXS	XS	S	M	L	XL	XXL
A	72	79	86	93	100	107	115
B	34	37	39	42	46	49	50
C	23	25	27	28	31.5	32	34
D	9.5	9.5	10	10.5	11	12	12

TUSAH
WT Style Taekwondo Insteps

XS UK CHL 1
Small UK 2/3
Medium UK 4/5
Large UK 6/7
Extra Large 8/9
Extra Extra Large 10/11

SIZE: (cm)

	XS	S	M	L
A	22	23	24	25
B	8	8.5	9	9.5
C	28	28	28	28

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Your Local Dealer

